

Airman & Family Readiness
Program Office

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Barnes Family Flyer

12 April 2013

Don't forget to Find us on Facebook for
daily news and information!

Thank you for subscribing to the Barnes Family Flyer, a weekly newsletter for the Airmen and Families of the 104th Fighter Wing!

Patriot Day Events

Patriot's Day is a special Massachusetts State holiday commemorating the opening battle of the American Revolutionary War, April 19, 1775. The holiday (Officially observed on Monday, April 15, 2013), and the entire weekend, is celebrated with parades, reenactments and commemorative ceremonies.

Provided for your information and planning are two web sites that list a number of activities that take place in and around our area. Most events are FREE and make for a great family event. Plan now to attend one or as many as you can. Patriots Day is when history comes alive.

<http://www.nps.gov/mima/patriots-day.htm>

<http://www.battleroad.org/>



Barnes ANG Base Clean Up Day - 17 April

We are hoping for another glorious day to be outside on Wednesday, 17 April for Base Clean-up/ Earth Day/ Take Pride in your area day!

FRG Burger Burn 1100-1300

After getting the dirt and bark mulch form under your finger nails, join the Family Readiness Group for a Burger Burn at the Pioneer Valley NCO Club.

For a \$5 donation you will get:
2 MEATS, CHIPS, DRINK AND DESSERT WITH FIXINGS

Pasta Dinner, 22 May 2013

The FRG will be hosting their first Pasta Dinner of 2013 on May 22 at the Dining Facility. Dinner will be served between 4:00 - 7:00 pm.

For more information,
contact the FRG at 104fwfrg@gmail.com.



Hands Only CPR Classes for ALL, 22 May 2013

Barnes Firefighters will be on hand during the day on Wednesday, May 22 to conduct hands only CPR training sessions. They will hold these brief 15-20 minute sessions at the Dining Facility so please, bring your family, enjoy the dinner, and learn how to save a life!

More details to follow!



12 April 2013

Sailing for Our Veterans

SAT 27 APR @ Piers Park Sailing Center, Boston MA

Three time slots. Slot A: 10:30-12:00 * Slot B: 12:00-1:30 * Slot C: 1:30-3:00



Piers Park Sailing Center invites veterans to come for an hour and a half sailing in and around Boston Harbor. Afterwards, instructors will be available to provide more information. There is no disability that they cannot accommodate and encourage all participants to go beyond being a passenger, take control of the helm and become a sailor! For information please call or contact [Caitlyn Connolly](#), Adaptive Recreation Director 617-561-6677 x15

Boston Red Sox host Hiring our Heroes Opportunity Fair

THU 23 May 23 from 10 a.m.—2 p.m.

@ Fenway Park, 4 Yawkey Way, Boston, MA 02215

This exclusive hiring fair is open ONLY to active duty military, veterans, members of the National Guard and reserve components, and military spouses. There is no cost to attend.

Job Seeker who pre-register for this event will be issued a complimentary game tickets for the evening match-up between the Boston Red Sox and the Cleveland Indians. When checking in for this event, you will be given your admission ticket. While you are an honored guest at this sporting event, acceptance of this ticket means that you accept all of the terms of attendance at the game in accordance of the rules of Fenway Park. If attendance ex-ceeds expectations, ticket availability cannot be guaranteed , so register early! Job-seeker registration and service verification will begin starting at 9:30 a.m. in advance of admission to the hiring fair. The hiring fair will run from 10:00 a.m.—2:00 p.m. Please plan accordingly - you will NOT be able to stay at the venue between the time the hiring fair closes and the time the gates open for admission to the game that evening.



Registration: **Job seekers** [click here](#) ; **Employers** [click here](#) . For registration questions, please contact us at hiringourheroes@uschamber.com or 202-463-5807 [Click here](#) to view the event flyer.

"Lunch & Learn": CLEP Exams, 17 April 11:30 am

WED 17 APR @ 1130 in Bldg. 3164 (Training & Education) USCG Air Station Cape Cod

Mr. Ron Silva, Director of Field Services at Post University will offer a presentation on the CLEP and DANTES exam programs for college credit. Post University and Air Station Cape Cod have been partnered since September 2012 to offer these exams at no cost to military members and some dependents. Food and beverages will be available and the presentation will be open to all military members, civilians and family members. In order to reserve a seat and to ensure sufficient food/beverages, please respond Jim McLaughlin by email or call 508-968-6440.

2013 OSD/ OMK Camp Information is now available!

Click [HERE](#) to view the camping opportunities for Military youth this year!



12 April 2013

Teen Rock Climbing Event 20 April 2013, 11 am - 2 pm

Join the Massachusetts National Guard Teen Council for indoor rock climbing and Up for the Challenge - Health & Nutrition Training.

Central Rock Gym, Worcester, MA

Bring your lunch!

Limited spots available so call or email to register today! 888-31-3103 x7952 or MASSNGYouth@aol.com



Big Apple Circus Comes to Town! (Special Military Discount)



26 MAR—12 MAY @ City Hall Plaza, Boston, MA

At Big Apple Circus's all-new show, LEGENDARIUM, you will experience the nostalgic thrills of bygone Big Tops and get a first-hand view of Beauties, Dare-devils, and Clowns from another era! Tickets for LEGENDARIUM start at \$20 and are

available at [online](#) or by calling (888) 541-3750.

For military personnel and veterans, use promo code MILITARY for 50% off select seats for weekday performances.* Must present military or veteran ID. Limit to 4 tickets per purchase. Limited availability.

Offer good on select seats and shows. Excludes performances between 15-19 APR. Other conditions apply. Children under 3 are free on the lap of a paid adult; one child per lap.

Veterans Food Bank Distribution

WED 24 APR from 9:30AM-10:30AM

@ Bunker Hill Community College, 250 New Rutherford Ave, Boston MA 02120

The MA Department of Veterans' Services in partnership with the Greater Boston Food Bank will be making a State Veterans' Distribution! Come receive 20-25 pounds of nutritious produce and protein items. Please pre-register by email to: ernestina.sirignano@state.ma.us or call 617-210-5762.



"VA for Vets" is Hiring

"VA for Vets" facilitates the reintegration, retention and hiring of Veteran employees at the Department of Veterans Affairs (VA). They offer career-search tools, career development services, and coaching and reintegration support for military service members. *VA for Vets* is your gateway to a rewarding career serving our nation's Veterans.



12 April 2013

FREE Military Passes for National Parks

Currently Serving Military members and their dependents can pick up a free annual pass at any national park that charges an entry fee.

The annual military pass also provides free entry to 2,000 additional Federal recreation sites across the country. Visit www.nps.gov for more information!

Are you looking for a NEW Career in Food and the Culinary Arts?

Apply now for FREE training for Veterans and Active Duty Military who are serious about retraining and transitioning into a new career.

The next 6 week intensive course runs from 15-June - 29 July in NY Hudson Valley (housing & travel provided). Visit www.CulinaryCommand.com to apply today!

Local Area Hotels are Hiring NOW!

Front Desk agents, Housekeepers, Administrative Assistant, Banquet Coordinator and on-call bartenders... all are being hired now at:

LaQuinta
100 Congress St.
Springfield, MA

Holiday Inn Express
321 Center St.
Ludlow, MA

Hampton Inn
24 Bay Road
Hadley, MA

Ice Stars For Wounded Warriors - April 26 & 27

ALL Military Children child 13 and under with Military ID get in FREE!!

UMASS Mullins Center Annex & Sponsored by the Hangar
ALL PROCEEDS GO TO WOUNDED WARRIOR PROJECT
Military Civil Service Hockey Tournament 26 & 27
Parade April 27th 3:30 pm
Ice Show April 27th 7:00 pm
Tickets at the UMASS BOX OFFICE & TICKETMASTER



American Veterans Traveling Tribute & Traveling Wall

Wed 10 APR—SUN 14 APR in Gardner, MA

The AVTT presents the Traveling Wall, an 80 percent scale version of the Viet Nam Memorial Wall in Washington D.C. Across its 360-foot length the wall contains every single name etched on the original. At its apex the memorial is an impressive eight-feet tall.

From Thursday thru Sunday the AVTT Traveling Wall will be free and open for public viewing. There will also be the following events going on throughout the event duration:

WED 10 APR: Escorted Arrival @ 3 p.m. from Johnny Appleseed Rest Area, Rte 2, Lancaster, MA

THU 11 APR: Opening Ceremony @ 3 p.m.

SAT 13 APR: Candlelight Vigil @ 6:00 p.m.

SUN 14 APR: Closing Ceremony @ Noon

For more information visit www.avtt.org.



12 April 2013

MA National Guard Military Teens: Volunteer Opportunity

SAT 04 MAY from 6 a.m.– mid afternoon @ Fenway Park

DEADLINE TO SIGN UP: MON 01 APR

The MA National Guard Teen Council has arranged to volunteer at the 2013 Run/Walk to Home Base. There is a limited number of spaces to volunteer. The volunteer roster is due to the Red Sox Foundation on April 1st, so please let us know who wants to join us ASAP! Jobs will be assigned in the morning, and all teens will be accompanied by background-checked chaperones at all times. After the work assignments are complete, we are invited to participate in celebratory activities at Fenway Park. For details, visit Run to Home Base.

Teen volunteer will receive certified volunteer hours for school requirements.

Sign up with Susan L. LaFlame, Child and Youth Program Coordinator at 508-233-7952.



Kids Bowl FREE

Select bowling centers and schools around the country are participating in the first ever **Kids Bowl Free** program. This program is designed by bowling centers to give back to the community and provide a safe, secure, and fun way for kids to spend time this summer.

Children whose age does not exceed a limit by a participating bowling center are eligible to register for 2 free games a day, all summer long, courtesy of the participating bowling centers along with the schools and organizations.

Visit <http://www.kidsbowlfree.com/>

Tax Filing Deadline is MON 15 APR

April 15th is just around the corner. If you have not prepared your 2012 tax returns, now is the time to do so! If you are Active Duty, Guard or Reserve (regardless of activation status) you can file your federal return and up to 3 state returns for free with the Military OneSource H&R Block at Home® tool. Visit [Military OneSource](#) for more information



H&R BLOCK
At Home™

EVERYONE is Eligible to Free File!

The IRS says let “Free File” do the hard work for you with brand-name software or online Fillable Forms. You can prepare and e-file your federal return for free. Participating software companies make their products available through the IRS. Some also support state tax returns. Review the three-step process below, and you'll be on your way to e-filing your return--for free! If your Adjusted Gross Income (AGI) is \$57,000 or less, you may qualify to use a brand name tax software to prepare and e-file your taxes for FREE; If your AGI is more than \$57,000, you can still use Free File fillable forms for your federal tax return.

Learn more about Free File for all taxpayers at IRS.gov.



12 April 2013

“Living in the New Normal” Practicum

May 21, 2013 Wheelock College
Hawes Street Campus, Ladd Room (Brookline 104)
43 Hawes Street, Brookline, MA 02446
Registration and Breakfast: 8:00 - 8:30 a.m.
Institute Training: 8:30 a.m. - 4:00 p.m.
Including a Working Lunch

May 23, 2013 Shrewsbury
Independence Hall
59 South Street, Shrewsbury, MA 01545
Registration and Breakfast: 8:00 - 8:30 a.m.
Institute Training: 8:30 a.m. - 4:00 p.m.
Including a Working Lunch

You are invited to attend the upcoming *Living in the New Normal: Helping Children Thrive in Good and Challenging Times*. This is offered by The Military Child Education Coalition, a nonprofit organization addressing the educational needs of children in military families, and it is conducting this training for Massachusetts Department of Early Education and Care Providers

Learning Outcomes: * To acquire a basic knowledge of the elements of resilience and its application to military-connected children; * To identify and apply resilience-building skills to prepare children for good and challenging times; and * To identify tools and resources to foster resilience in children

Credit Option: Participants may apply for Continuing Education Unit (CEU) credit up to 1.2 CEU (12 hours = 1.2 CEU) upon completion of training. Completion requirements are: * Attendance at 95% of the training ; * A score of 80% or higher on an end-of-course assessment; and * Completion of an end-of-course evaluation . The fee for the CEU credit is \$25.00, payable upon completion of training.

Contact Information: For more information about this training, other professional development opportunities, or learner support, please contact Joe Clever at 254-953-1923 x 1110 or joe.clever@militarychild.org.



Thrift Savings Plan (TSP) Lunch & Learn Tuesday, 30 April

Join the Hanscom Federal Credit Union at Fort Devens on Tuesday, April 30th for a Thrift Savings Plan Lunch & Learn and discover more about your investment choices.

Get answers to questions such as:

- How much am I allowed to contribute to my TSP?
- Can I roll over my TSP to an IRA to get more investment choices?
- Can I roll my TSP to a Roth IRA?
- Should I take the Annuity?

The seminar is FREE and open to all and includes lunch!

To register call 781-698-2291 or visit www.hfcu.org/seminarFD.





12 April 2013

Job Fairs & Career Opportunities!!

Leominster Job Seeking & Networking Group

at the Leominster Library Special April Presentations:

16 April - Better Communication, Bigger Results

23 April - Resume Basics **30 April** - Personal Branding

For more info on the Leominster Job Seekers email jobseekersleominster@gmail.com.

SCILS - Jump Start Your Career in Life Sciences!

Academic Training, on-the-job training and career placement services are available at LITTLE TO NO COST for eligible individuals through Skilled Careers in Life Sciences (SCILS) Initiative.

Register for a session near you:

April 18, 10am-noon. **PLYMOUTH**, Plymouth Career Center. Call 508-732-5300 to register.

April 25, 11am-1pm. **BOSTON**, JobNet. Call 617-338-0809 to register.

April 26, 10am-noon. **FRAMINGHAM**, Employment & Training Resources. Call 508-766-5700 to register.

April 30, 2-4pm. **BOSTON**, The Work Place. Call 671-737-0093 to register.

May 3, 10am-noon. **CAMBRIDGE**, Career Source. Call 617-661-7867 to register.

May 9, 10am-noon. **QUINCY**, Quincy Career Center. Call 617-745-4000 to register.

For more information contact Susan Buckey, SCILS Project Manager at susan.buckey@bostonpic.org or 617-488-1318

MASS Dept. of Transportation - On-The-Job Training and Support Services

OJT/Support Services Programs can help you become qualified in many areas of the highway construction industry.

Program Start Dates:

April 29 - May 10 Boys and Girls Club of Greater Holyoke, Holyoke, MA

Apply now! Space is limited! Contact Ann O'Neil at 413-582-0549 or ann.o'neil@dot.state.ma.us.

Comcast is Hiring Veterans

Monday, 22 April 10:00 am Framingham Career Center, 1671 Worcester Rd, Framingham, MA

Comcast will be recruiting Veterans for Communication Technicians.

Registration is required - you must speak with a staff member to register at 508-766-5700.

Visit www.comcast.com/careers for more information.

Valley Works Career Center Job Fair Regional Spring Event!

Tuesday 23 April 10:00 am - 1:00 pm

Blue Ocean Music Hall, Salisbury Pavillion, 4 Oceanfront North, Salisbury, MA 01952

Visit www.valleyworks.cc for updated information!



12 April 2013

Financial Readiness Events



Tuesday April 23, 2013

Tuesday, May 7, 2013

MANAGE YOUR MONEY



Pioneer Valley NCO Club, Barnes ANG Base
5:00 - 7:00 pm

Don't hide your head in the sand!!!

Plan for economic uncertainties

Reduced pay • Varying expenses
Marriage • Children
Health Costs



Attend this FREE Financial Readiness Workshop and make sure you and your family are prepared.



Budgets Savings
Long term goals Credit



Pre-Register today!

Jennifer.cesaitis@ang.af.mil or 413-568-9151 x 698-1183



These events are open to all branches of the military, family members, veterans and retirees.